

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re application of)	
David H. Schmidt)	Group Art Unit: Not Yet Assigned
Serial No. To Be Assigned)	
Continuation of 08/865,235)	Examiner: Not Yet Assigned
Filed: Herewith)	
For: SPEED-CONTROLLED)	
EXERCISE METHOD AND)	
APPARATUS)	

PRELIMINARY AMENDMENT

Assistant Commissioner for Patents
Washington, D.C. 20231

Sir:

Please amend the above-identified application, prior to examination on the merits, as follows:

In The Claims

Please cancel claims 1-7 and add claims 8-29 as indicated by the enclosed pages.

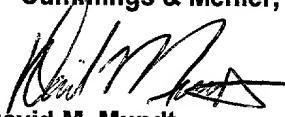
Remarks

Claims 1-7 have been cancelled and claims 8-29 have been added.

With this amendment all grounds for rejection are believed to have been addressed and overcome, and it is believed that this application is now in condition for allowance, which action is respectfully solicited.

Respectfully submitted,

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I CLAIM:

8. (Newly Added) An exercise device, comprising:
a frame having a front end and a rear end;
a carriage supported on said frame and adapted for user engagement, said
carriage further adapted for generally reciprocating movement between said ends;
a dynamic member capable of movement in a first direction;
a means for providing first resistance between said carriage and said
dynamic member, said first resistance urging said carriage in said first direction;
a means for engaging said carriage against said dynamic member to enable
the user to propel said carriage in a second direction; and
a means for maintaining said carriage between said ends.

9. (Newly Added) An exercise device as defined in claim 8 wherein said carriage is a seat.

10. (Newly Added) An exercise device as defined in claim 8 wherein said carriage is a shoe.

11. (Newly Added) An exercise device as defined in claim 8 wherein said dynamic member is
driven by a motor.

12. (Newly Added) An exercise device as defined in claim 11 wherein at least one of said ends
of said frame are adjustable above a support surface, whereby said frame is capable of inclining
and/or declining with respect to said surface.

5 13. (Newly Added) An exercise device as defined in claim 11, wherein said motor provides a varying speed, whereby the speed increases as the average position of said carriage moves towards said front end and decreases as the average position of said carriage moves towards said rear end.

10 14. (Newly Added) An exercise device as defined in claim 8 wherein said dynamic member is coupled to a flywheel causing a rotation thereof when said carriage is moving in said first direction.

15 15. (Newly Added) An exercise device as defined in claim 14 wherein said front end of said frame is adjustable above a support surface.

16. (Newly Added) An exercise device as defined in claim 8 wherein said means for engaging includes a one-way clutch.

20 17. (Newly Added) An exercise device as defined in claim 8 wherein said means for maintaining includes a means for providing a second resistance to said dynamic member whereby said second resistance decreases as the average position of said carriage moves towards said front end and increases as the average position of said carriage moves towards said rear end.

25 18. (Newly Added) An exercise device as defined in claim 8 wherein said means for maintaining includes a stop near said front and said rear ends of said frame.

19. (Newly Added) An exercise apparatus, comprising:
a frame having a front end and a rear end, said front end of said frame is adjustable above a support surface;